

CATARACTS

THE COMPLETE GUIDE





CONTENTS

- 3** Understanding the root causes of cataracts
- 4** Types of cataracts
- 5** How to diagnose cataracts
- 6** Preventing and reversing cataracts without surgery
- 10** Cataract surgery
- 11** How to choose an intraocular lens (IOL)
- 14** How to recover from cataract surgery quickly

UNDERSTAND THE ROOT CAUSE OF CATARACTS

Cataracts form when there is a metabolic problem in the eye. A cataract first appears as an opaque spot on the lens of the eye, which obstructs your vision as if you are looking through a hazy cloud. The opaque spot begins to form when the proteins that make up the lens clump together. The impact the cataract will have on your vision depends on the location of the cataract on the lens and the density of the cataract, which typically increases over time as protein accumulates. Because the lens records images and adjusts the eye's focus, cataract damage to the lens can have a severe effect on our ability to function day to day.

DON'T LIVE OUT YOUR DIAGNOSIS

By understanding that cataract formation is rooted in a metabolic problem in the eye, you can take active steps towards preventing, reversing, and dissolving cataracts.

TYPES OF CATARACTS

NUCLEAR CATARACTS

This is the most common type of cataract. Nuclear cataracts form in the nucleus (the inner core) of the lens and cause the center part of the eye to become yellowish brown.

CORTICAL CATARACTS

This is the second most common type of cataract. These are wedge-shaped and form around the edges of the nucleus on the cortex (the outer section of the lens).

POSTERIOR SUBCAPSULAR CATARACTS

Though less common than nuclear or cortical cataracts, this form of cataract progresses much faster than the other two types. It forms on the back of the lens on the back of a cellophane-like capsule that surrounds the lens. Those who are diabetic, overweight, or taking steroids are at the highest risk.

HOW TO DIAGNOSE CATARACTS

To diagnose a cataract your eye doctor will perform several different tests.

VISUAL ACUITY TEST

A visual acuity test uses an eye chart to measure how well you can read a series of letters from 20 feet away. Your doctor will have you cover one eye while you read progressively smaller letters on the eye chart with your other eye. Then your doctor will let you know if you have 20/20 vision or if you have a visual impairment.

SLIT-LAMP EXAMINATION

A slit lamp, also called a microscope, examines the structures at the front of your eye under magnification. The slit lamp directs a line of light to illuminate your cornea, iris, and lens. This enables your doctor to detect any tiny abnormalities in your eye structure.

RETINAL EXAM

Your doctor will instill eye drops to dilate your pupils. This allows your doctor to better examine the retina (the back of the eye) using a flashlight called an ophthalmoscope.

PREVENTING AND REVERSING CATARACTS WITHOUT SURGERY

Cataracts form due to a metabolic problem in the lens of the eye. Here are some ways to improve the eye's metabolic function.

CONSUME NUTRIENTS THAT SUPPORT THE EYE'S METABOLIC SYSTEM

- Lutein (RDA 10 mg)
- Zeaxanthin (RDA 2 mg)
- Vitamin C (RDA 1000 mg)
- Beta Carotene (RDA 3-6 mg)
- Vitamin A (RDA 10,000-25,000 IU)
- Vitamin E (RDA 15 mg)
- Zinc (RDA 8-11 mg)
- Omega 3 Fatty Acids (RDA 500-1000 mg)
- Glutathione (RDA 15 mg)
- Selenium (RDA 100 micrograms)
- Taurine (RDA 500-1000 mg)
- Magnesium (RDA 400 mg)
- Vitamin D3 (RDA 1,000 IU)
- Probiotics (RDA 5+ million CFUs)

CONSUME NUTRIENTS THAT SUPPORT THE EYE'S METABOLIC SYSTEM (CONT.)

- Vitamin B12, B6, and B2 (RDA 50-100 micrograms)
- Cataract Eye Drops with Cineraria (RDA 3 times per day)

[You can read more about these nutrients' roles in the body here.](#)

CATARACTS ARE ON THE RISE

BY THE AGE OF 80,
MORE THAN HALF OF
AMERICANS HAVE
HAD CATARACTS



Dr. Berne

AVOID FOODS THAT CAUSE INFLAMMATION

SOY, WHEAT, AND DAIRY PRODUCTS

These products are known to slow down digestion and block the tiny capillaries that deliver nutrients to the eyes. Without proper nutrients eye tissue will degrade and clump together at a faster rate, ultimately leading to the formation of a cataract.

SUGAR

Cataract development is closely related to high blood sugar levels. Glycation is the binding of sugar and protein molecules, which can then clump together and cloud the lens of the eye.

DRUGS, SMOKING, AND ALCOHOL

Drugs, smoking, and alcohol increase the likelihood of developing cataracts because they create oxygen free radicals. These free radicals are known as oxidants, which are oxygen molecules in your body that have been chemically altered and are now harming the healthy cells in your body.

CATARACT SURGERY

GET TESTED FOR CATARACTS ONCE PER YEAR

Identifying cataract formation early is critical in treating and reversing cataracts by non-surgical means. Once a cataract has begun to affect daily activities, it is much more difficult to absolve. Without regular testing, you may not know the cataract exists until it is too late to avoid surgery.

HOW THE PROCEDURE WORKS

Cataract surgery is normally recommended when a cataract begins to interfere with daily activities. The procedure removes the cloudy lens behind the iris and replaces it with a new artificial lens, called an intraocular lens (IOL), which becomes a permanent part of your eye. The surgeon uses a local anesthetic to numb the area around your eye, but you usually stay awake during the procedure. Generally cataract surgery will be done on an outpatient basis, which means you will not stay in the hospital after surgery.

HOW TO CHOOSE AN INTRAOCULAR LENS (IOL)

WHAT TO CONSIDER WHILE CHOOSING AN IOL

- What are your daily activities?
- What is your budget? Can you afford a lens that does more than the standard lens if it is not covered by your insurance?
- How much of your time is spent using digital devices? Most IOLs do not contain a blue-light blocking filter. If you spend a lot of time on a digital device, the blue-light can be very damaging to the macula and cause macular degeneration. If your lens does not contain a blue-light blocker filter, be sure to invest in blue-light blocking eyeglass lenses.

CHOOSE THE CORRECT POWER OF THE LENS

If you are nearsighted before the surgery, you want to have a little nearsightedness after the surgery. This will make it easier on your brain to integrate the new lens. For example, if you are nearsighted before the surgery, and now you are farsighted, the brain and the eyes have different prescriptions to deal with and the person can become confused about how to use the new optics.

TYPES OF INTRAOCULAR LENSES (IOLs)

**Specialty lenses are typically not fully covered by insurance and therefore come at an extra charge.*

STANDARD LENS

The standard lens is also known as the monofocal lens. It is good for long-distance vision for activities such as golfing, watching TV, and driving. Depending on what prescription, patients can sometimes focus on intermediate distances for grocery store shelves, computer, and the car dashboard. This is the most common lens choice for patients with other eye conditions, such as glaucoma, diabetic retinopathy, macular edema, or macular degeneration.

BIFOCAL LENS*

The bifocal lens is also known as a dual focus lens. It helps reduce the need for reading glasses because it corrects both for distance and near vision. This can cause double vision and halos to appear while driving at night.

TORIC LENS*

The toric lens is used to correct for astigmatism and offers good clarity for distance only.

ACCOMMODATING LENS (CRYSTALENS)*

The accommodating lens is constructed with flexible hinges which help patients be able to shift their focus to varying distances. However, you may need reading glasses for small print. This lens does not correct for astigmatism.

ASPHERIC LENS*

The Aspheric lens helps improve the contrast in varying light and dark situations.

MONOVISION LENS

The monovision solution is an implant technique that uses a standard lens with a different power in each eye so that a patient does not use glasses for most activities. The dominant eye is usually corrected for long-distance vision while the non-dominant eye is corrected for near-distance vision. This option is not commonly recommended because it reduces depth perception and makes it difficult for both eyes to work together.

EDOF LENS*

The EDOF lens has an invisible bifocal built into the lens. This option is not commonly recommended because it make it difficult for the patient to understand where to aim the eyes when focusing.

HOW TO RECOVER FROM CATARACT SURGERY QUICKLY

Following cataract surgery, you should avoid:

- Driving for 24-48 hours
- Strenuous lifting or exercise for 1 week
- Exposure to bright lights or electronic devices for 48 hours
- Rubbing your eyes for 48 hours
- Hanging upside down or bending over for 48 hours
- Swimming in pools or hot tubs for one week

CHOOSE THE CORRECT POWER OF THE LENS

If you are nearsighted before the surgery, you want to have a little nearsightedness after the surgery. This will make it easier on your brain to integrate the new lens. For example, if you are nearsighted before the surgery, and now you are farsighted, the brain and the eyes have different prescriptions to deal with and the person can become confused about how to use the new optics.

CONSUME NUTRIENTS THAT SUPPORT THE EYE'S METABOLIC SYSTEM

The nutrients that are good for preventing and reversing cataracts are also critical for post-surgery recovery.

INCORPORATE LOW-STRESS EYE EXERCISES FOR 2 WEEKS

Low-stress eye exercises can speed up recovery by improving hydration, circulation, and flexibility in the eye.

WEEK 1 - PALMING



Watch Video

WEEK 2 - THUMB ROTATIONS



Watch Video

USE NATURAL EYE DROPS

Eye drops are commonly used post-surgery to eliminate dryness and redness, mitigate inflammation, and prevent infection. Common over-the-counter eye drops address symptoms, but fail to treat the causative factors of disease. In addition, many contain preservatives or vasoconstrictors, which can make macular degeneration worse.



[Watch Video](#)

USE NEROLI OIL

Neroli comes from orange blossom plant and has properties that are highly oxygenating and hydrating. [Studies](#) have shown Neroli to be calming, reduce pain and inflammation, and to have antibacterial properties. For these reasons, post-cataract surgery patients have found neroli oil to be useful for recovery.

HOW TO USE: Spray 4-6 drops of Neroli on a cool, wet washcloth and place. Then, place the cloth over your eyes for 5-10 minutes.

USE LAVENDER

Lavender is known for its calming, soothing, and balancing properties. It is best known for promoting a restful night sleep and [studies](#) have found it lavender to be effective at reducing pain and stress from surgery.

HOW TO USE: Put a cotton ball with 3 drops of lavender inside your pillowcase before bed.

ABOUT ***DR. SAM BERNE***

Dr. Sam Berne has been in private practice in New Mexico for over 25 years and is an established leader in functional medicine. He uses holistic optometry and vision therapy to improve eye health, vision and overall wellness. He understands and treats the body as one integrated system, rather than a collection of independent organs, in order to identify and address the root causes of disease. This approach views each person as genetically and biochemically unique, therefore his treatment methods are personalized and tailored to the individual.

Dr. Berne uses Whole Health Methods to give patients' approachable, immediately usable, and powerful protocols for improving their vision and wellness. He has developed innovative methods for healing the mind-body-spirit through eye therapy and provides individuals with natural alternatives for reducing disease and improving vitality. These methods offer a holistic solution to children and adults with Autism, ADHD, Cataracts, Dry Eye, Glaucoma, Macular Degeneration and many other diseases.

***Shop Eye
Supplements***

***Learn more about
cataracts***

Contact

WHY DR. BERNE PROMOTES HOLISTIC EYE CARE



My personal story of why I promote Holistic Opt...



Watch Video